

Nopalito Green Curry



Serves: 6

Preparation time: 30 min

Recipe developed by Yo-Chai Huang

Checked and edited by Dr Alba du Toit

INGREDIENTS:

- 200 g nopalitos
- 4-5 sliced chicken breasts
- 5 ml salt
- 5 ml white pepper
- 30 ml olive oil
- 50 g onion, diced
- 80 g Thai green curry paste
- 100 g broccoli
- 150 g cauliflower
- 70 g baby corn
- 300 ml coconut milk
- 5 ml red jalapeño pepper, chopped finely
- Jasmine rice, cooked ground)

METHOD:

- Clean, remove the glochids and slice the nopalitos into 2 cm x 0.5 cm strips.
- Sprinkle salt and pepper on the chicken strips.
- Heat 15 ml of the oil in a frying pan and fry the chicken in the hot oil until the strips are golden brown and cooked through. Set aside.
- Heat the remainder of the oil to the frying pan and sauté the onion until soft.
- Add the nopalito strips to the onions and stir-fry together for a further 5 minutes.
- Add the Thai green curry paste and stir fry for 30 seconds.
- Add the broccoli, cauliflower and baby corn and stir-fry for a further 2 minutes.
- Add the coconut milk and stir through.
- Simmer for 10 minutes until the vegetables are soft and cooked through.
- Add the cooked chicken into the curry and simmer together for 2 minutes.
- Sprinkle with chopped red pepper to garnish.
- Serve the curry hot with jasmine rice.